



# Sparks TaeKwon-Do

## Pattern: JEE GOO

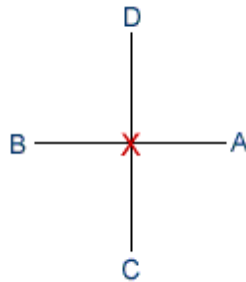
### Belt Level: Double Black Stripe

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The definition of the word Jee-Goo means "Global".

The ready stance is a parallel ready stance with forearms crossed. This stance symbolizes the crossing out of the years of strife in Taekwon-Do. The first movement represents breaking away from the past and reflects Grand Master Parks desire for world peace and harmony.

The 30 movements are divided into 24, 4, 2. The number 24 represents the hours in the day, so that the thought of world peace and harmony will be with us every second. The number 4 represents the four directions North, South, East and West for all people of all nations. The number 2 is demonstrated by playing the pattern twice in each direction to reaffirm our commitment to the idea of world peace and harmony.



#### JEE GOO

Movements -30

Ready Posture - PARALLEL STANCE WITH FOREARMS CROSSED

1. Move the left foot to B, forming a left walking stance while executing a low obverse outer forearm block.
2. Execute a high front snap kick to B with the right foot.
3. Lower the right foot to B, forming a right walking stance while executing a middle obverse front punch.
4. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low obverse outer forearm block.
5. Execute a high front snap kick to A with the left foot.
6. Lower the left foot to A forming a left walking stance while executing a middle obverse front punch.

7. Move the left foot to D, turning counter clockwise, forming a left walking stance while executing a circular block with the right inner forearm.
8. Execute a high side piercing kick to D with the right foot.
9. Lower the right foot to D, forming a left L-stance while executing a reverse middle inner forearm block.
10. Move the right foot to C, turning clockwise, forming a right walking stance while executing a circular block with the left inner forearm.
11. Execute a high side piercing kick to C with the left foot.
12. Lower the left foot to C, forming a right L-stance while executing a reverse middle inner forearm block.
13. Move the left foot to A, turning counter clockwise, forming a left walking stance while executing a high obverse forearm block.
14. Execute a high kick to AC with the right foot.
15. Lower the right foot to A, forming a right walking stance while executing a high double forearm block.
16. Move the right foot to B, turning clockwise, forming a right walking stance while executing a high obverse forearm block.
17. Execute a high turning kick to B with the left foot.
18. Lower the left foot to BC, forming a left walking stance while executing a high double forearm block.
19. Move the left foot to C, turning clockwise, forming a right L-stance while executing a twin forearm block.
20. Execute a high reverse hooking kick to C with the right foot. (turning clockwise)
21. Lower the right foot to C, forming a left L-stance while executing a middle outward knife-hand strike with the right hand.
22. Move the right foot to D, turning clockwise, forming a left L-stance while executing a twin forearm block.
23. Execute a high reverse hooking kick to D with the left foot. (turning counter clockwise)
24. Lower the left foot to D, forming a right L-stance while executing a middle outward knife-hand strike with the left hand.

25. Move the right foot to D, forming a right walking stance while executing an obverse high front punch.
26. Execute a high outward vertical checking kick and a high side piercing kick to D with the right foot. Perform in a consecutive motion.
27. Lower the right foot to C, forming a left walking stance towards D while executing a reverse middle front punch.
28. Execute a high inward vertical checking kick and then a high side piercing kick to D with the left foot. Perform in a consecutive motion.
29. Lower the left foot to C, forming a left L-stance towards D while executing a middle forearm guarding block.
30. Execute a middle obverse front punch to D.

END Bring the right foot back to ready stance.